*It’s lovely, and calm, the Samoans food is really nice. Their culture, history and similarity are amazing. Things that I didn’t know about or maybe things you didn’t even know about. So now we’re going to look at the Samoans history.*

*Samoa is a group of islands made up of nine. The 2 main being islands are Savaii and Upolu. These islands were formed about 7 million years ago. By 200BC (Before Christ) Samoa the flourishing Polynesian community trade taking place between Tonga, Fiji and Samoa. Dutchmen, Jacob Roggeveen were the first European to sight the islands, in 1722. Now that you know all about their history let’s move onto their culture.*

*In Samoa culture, you are to have the up most respect for your elders, as well as Doctor’s, Matai’s and Ministers, but most of all your family. If you go and visit the big hotels the Samoans would put on a culture dance followed by the finest of foods.*

*Ok, now that you know that, we’re going to look at their similarities with other countries.*

*The Samoans beliefs are similar to the Maori and other Polynesian cultures e.g. Tonga and Hawaii. Their religion is similar with being mostly catholic and Mormons. All the islands they grow coconut trees, taros and they all rely on the fishing industry.*

*So now we know their similarities to other countries we’re now going to look at their lovely foods.*

*In Samoa it is very important for the Samoans to have food because it is a-part of the Samoan life, but wherever and whenever Samoans go travelling they would always take food with them. Samoans don’t use spices or seasonings in their foods because they don’t really eat spicy or seasoning foods.*

*Samoans sometimes would prepare their foods in an Umu which is which is prepared in a fire with hot stones on top. The stones would then get hot, the Samoans would put their food on top, and then it would be covered in banana fronds. So now I’m going to tell you all kinds of foods that you could prepare.*

*You could prepare a:*

* *Oka-is a raw fish*
* *Palusami-that is taro leaves soaked in coconut cream and onions*
* *Supasui-(Chop Suey)-is cooked with beef, pork or chicken also cooked in soy-sauce, ginger, garlic and onions. Then you would add vermicelli after the meat is tender.*

*Well that’s it now I hope you enjoyed reading about Samoans lives and what they prepare.*